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Sharon | Gluten Free RDN

thehelpfulgf

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Registered Dietitian Nutritionist | elevating your gluten-free journey 💪🚀🍞

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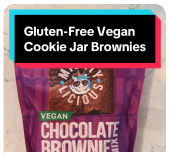
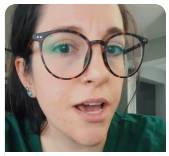
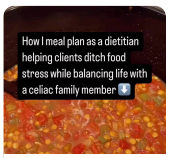
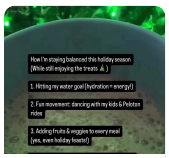


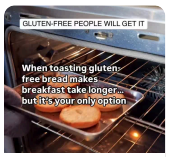
Hi, I'm Sharon!
I'm a Registered Dietitian Nutritionist and a proud woman in science, using evidence-based nutrition to empower healthy lives every day.







What I eat as a dietitian wit husband who has celiac dise... balancing a gluten-free lifestyle while helping clients find peace with food



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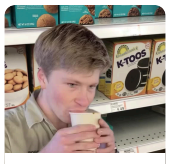

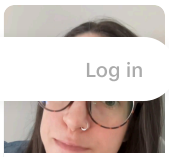

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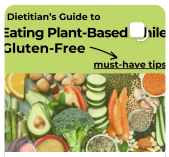

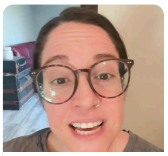

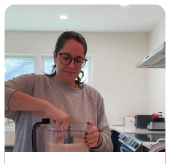

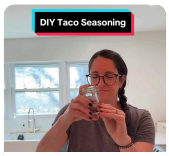

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